A

Synopsis of thesis entitled

"COMPARATIVE STUDY OF PERSONALITY TRAITS BETWEEN INDIVIDUAL AND TEAM GAME PLAYERS"

To be submitted to

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December, 2017

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CHAPTER-I
INTRODUCTION

Physical education is an educational process that has as its aim the improvement of human performance through the medium of physical activities selected to realize this outcome. Physical education includes the acquisition and refinement of motor skills, the development and maintenance of fitness for optimal health and well being, the attainment of knowledge and the growth of positive attitudes towards physical activity.

Physical education is not only concerned with the physical outcomes that accrue from participation in activates but also the development of knowledge and attitudes conductive to lifelong learning processes and participation. For the benefits of physical education activates to be realized, physical educators must conduct sound physical education programmes and select activities judiciously so that participants may attain the maximum benefits from participation. Sound physical education programmes can be conducted in the schools as well as in non-school settings such as corporate fitness centers and community agencies. A physical education programme under qualified leadership enriches the participants lives.

In recent years discussion has been considerable regarding whether physical education is the best name for this field to Endeavour. Other names that have been suggested include movement education, kinesiology, sports education, physical fitness, sports, applied physical sciences and motor

education. The term that is used widely at that time is physical education and sports which incorporates the traditional emphasis on the physical education and at the same time stresses the area of sports with which physical education is vitally concerned and involved.[1]

Physical education in India:

Physical education in India is often a neglected part of education and many schools across the country do not realize the importance of having physical education as a part of the system. There are many benefits that are available from physical education and there are a few schools that have managed to strike the balance between academics and physical fitness.

Exercises:

Exercise is a safe activity for most individuals; however, it is desirable for adults to have some screening prior to starting an exercise programme or taking an exercise test. It has been done by non-medical personnel in non-medical settings. Age, health, status, type of the test, and exercise plan are factors which one apparent that for many individuals the pre-exercise evaluation can determine the depth of evaluation required and need for medical involvement. This chapter will focus on the situation when the more comprehensive medical evaluation is appropriate.

Game:

A physical or mental activity or contest that has rules and that people do for pleasure a particular occurrence of a game one of the games that are part of a larger contest (such as a tennis match activity engaged in for diversion or amusement the equipment for a game often derisive or mocking jesting make game of a nervous player a procedure or strategy for gaining an end an illegal or shady scheme or manoeuvre a physical or mental competition conducted according to rules with the participants in direct opposition to each other a division of a larger contest the number of points necessary to win points scored in certain card (as in all fours) by a player whose cards count up the highest the manner of playing in a contest the set of rules governing a game a particular aspect or phase of play in a game or sport a football team's kicking game organized athletics

Team Game:

A team game is an activity in which a group of individuals, on the same team, work together to accomplish an ultimate goal which is usually to win. This can be done in a number of ways such as outscoring the opposing team. Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives. This can be seen in sports such as hockey, football, basketball, volleyball, tennis, water polo, ultimate, lacrosse, rowing, cricket, handball and many others.

Individual Game:

An individual sport is one in which only requires the participation of one member to compete in. While a dual sport requires the participation of a team or more than one person in order to play the game. An example of dual sports is that of tennis, volleyball, football, etc. While golf is an example of a sport that doesn't necessarily require a team to play but only one person trying to obtain the lowest score in the game to win above everyone else. The difference between individual and team sports is how they are played. Team sports, such as football, have to have multiple people playing in order to actually play. You need someone to hike the ball, someone to catch, and someone to kick. Individual games, such as Solitaire, only need one person to finish.

Meaning of psychology:

Psychology is an academic and applied discipline involving the scientific study of mental processes and behaviour. Psychology also refers to the application of such knowledge to various spheres of human activity, including relating to individuals' daily lives and the treatment of mental illness. Occasionally, in addition or opposition to employing the scientific method, it also relies on symbolic interpretation and critical analysis, although it often does so less prominently than other social science such as sociology. Psychologists study such phenomena as perception, cognition,

emotion, personality, behaviour and interpersonal relationships. Some, especially depth psychologists, also study the unconscious mind.[2]

Meaning of Sport Psychology:

Sport as pastime, recreation, leisure-time activity is a universal phenomenon but sport as competition, is for the genetically gifted, whose number at any point of time may be limited. Most people love to watch sport; they enjoy the thrill and excitement accruing from it. The last five decades have seen sport emerging as a great socio-cultural as well as socio-economic force influencing human behaviour in all aspects of life, the world over. The impact of this phenomenal change has been equally strong on athletes, spectators, sponsors and administrators. People are associated with sport in different capacities- as athletes, as trainers, as scientists (researchers, doctors, physiotherapists), as championship organizers, as administrators, as tournament officials (judges, referees, umpires, jury), as team management (managers, coaches, captains) and finally as spectators. Where there are human beings, there is behaviour; and where there is behaviour- whether individual or social - there is bound to be psychology, in some form. Psychology changes its hue with the change in situation: In education, it is educational psychology, in medicine it is medical psychology, in industry, it is industrial psychology, in sport, it is sport psychology, so on and so forth.

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[2]Neetu Ahlawat, Principles Of Psychology, (New Delhi: Vishvabharti Publications, 2009), pp. 1-2.

Sport psychology, as such, is a recent addition to the ever-expanding family of psychology.[3]

Definition of Personality:

Personality is "all the consistent ways in which the behaviour of one person differs from that of others, especially in social situations".[4]

Kalat (1999)

Meaning of Personality:

It is a set of traits that define the way a person's behavior is perceived. Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions. The term personality is derived from the Latin word 'persona' it means or 'mask' which actors used to put on whenever they appeared on the stage in Rome later persona was understood to be specific role on the state of Romans.[5]

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[3]M.L. Kamlesh, Education Sports Psychology, (New Delhi: Friends Publication, 2009), pp. 25-26.

[4]Richard H. Cox, "Sports Psychology Concept And Applications" (New York: McGraw-Hill Higher Education, 2002), p. 156.

[5]Ajmer Singh, et.al., Essentials Of Physical Education, (New Delhi: Kalyani Publications, 2008), p. 601.

Four Traits of Personality:

Definition of Extrovert:

"One whose personality is defined by extroversion: a gregarious and unreserved person".[6]

(Merriam-Webster)

Meaning of Extraversion:

Extraversion is the act, state, or habit of being predominantly concerned with and obtaining gratification from what is outside the self". Extroverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. They take pleasure in activities that involve large social gathering, such as parties, community activities, public demonstrations, and business or political groups. Politics, teachings, sales, managing, and brokering are fields that favour extraversion. An extraverted person is likely to enjoy time spent with people and find less reward in time spent alone. They tend to be boredom when they are by themselves.[7]

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[6]ibid., p. 156.

[7]Rothman, The Big Fivepersonality Dimension And Job Performance, S.A. Journal Of Industrial Psychology, 2013.

Definition of Agreeableness:

Agreeableness is a personality trait manifesting itself in individual behavioural characteristics that are perceived as kind, sympathetic, cooperation, warm and considerate.

(Thompson E. R)

Meaning of Agreeableness:

Agreeableness reflects individual differences in concern with cooperation and social harmony. Agreeable individuals value getting along with others. They are therefore considerate, friendly, generous, helpful, and willing to compromise their interests with others'. Agreeable people also have an optimistic view of human nature. They believe people are basically honest, decent, and trustworthy.

Agreeableness is obviously advantageous for attaining and maintaining popularity. Agreeable people are better liked than disagreeable people. On the other hand, agreeableness is not useful in situations that require tough or absolute objective decisions. Disagreeable people can make excellent scientists, critics, or soldiers.[8]

Definition of Conscientiousness:

People who score low on conscientiousness tend to be laid back, less goal oriented and less driven by success; they also are more likely to engage in anti social and criminal behaviour.[11]

(Ozer, D.J. Benet-Martinez)

Meaning of Conscientiousness:

Conscientiousness concerns the way in which we control, regulate, and direct our impulses. Impulses are not inherently bad; occasionally time constraints require a snap decision, and acting on our first impulse can be an effective response. Also, in times of play rather than work, acting spontaneously and impulsively can be fun. Impulsive individuals can be seen by others as colourful, fun-to-be-with, and zany.

A hallmark of intelligence, what potentially separates human beings from earlier life forms, is the ability to think about future consequences before acting on an impulse. Intelligent activity involves contemplation of long-range goals, organizing and planning routes to these goals, and persisting toward one's goals in the face of short-lived impulses to the contrary. The idea that intelligence involves impulse control is nicely captured by the term prudence, an alternative label for the Conscientiousness domain. Prudent means both wise and cautious. Persons who score high on the Conscientiousness scale are, in fact, perceived by others as intelligent.[9]

Definition of Openness:

Openness is one of the domains which are used to describe human personality in the five factor model.

(Goldberg L. R.)

Meaning of Openness:

Openness is often presented as healthier or more mature by psychologists, who are often themselves open to experience. However, open and closed styles of thinking are useful in different environments. The intellectual style of the open person may serve a professor well, but research has shown that closed thinking is related to superior job performance in police work, sales, and a number of service occupations.[10]

Statement of the problem:

"Comparative Study of Personality Traits Between Individual and Team Game Inter Collegiate Players"

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[10]Akhilesh Tripathi and A.K. Srivastava, Truman's Specific Series UGC/NET/SET Of Physical Education, (New Delhi, Danika Publishing Company, 2012), pp. 163-164.

Purpose of the study:

The main purpose of the study were as under:

1. The purpose of the study was to find out the personality traits of the Individual Game Players of Jammu University.
2. The purpose of the study was to find out the personality traits of the Team Game Players of Jammu University.
3. The purpose of the study was to Compare Personality traits between individual game players and Team Game players of Jammu University.
4. The purpose of the study was to find out the Extra-version personality trait of team game players.
5. The purpose of the study was to find out the Extra-version personality trait of individual game players.
6. The purpose of the study was to find out the Agreeableness personality trait of team game players.
7. The purpose of the study was to find out the Agreeableness personality trait of individual game players.
8. The purpose of the study was to find out the Conscientiousness personality trait of team game players.

9. The purpose of the study was to find out the Conscientiousness personality trait of individual game players.

10. The purpose of the study was to find out the Openness personality trait of team game players.

11. The purpose of the study was to find out the Openness personality trait of individual game players.

Significance of the study:

1. The present study is significant in knowing the personality traits of Individual Game Players

2. The present study is significant in knowing the personality traits of Team Game Players.

3. The study contributes to know the present status of personality trait of sports person.

4. The result of the study helps the sports person in developing and improving their personality.

5. The study helps us to reveal the difference in personality Traits.

6. The study helps us to increase the awareness about the personality traits.

7. The study helps us to reveal the difference in personality traits between individual and Team Game Players of affiliated colleges of Jammu University.

Hypothesis:

It was hypothesized that there will be significant difference in the personality of individual game players and Team Game players of intercollegiate players of Jammu University.

Delimitation:

The following are the delimitations of the study:

1. The study was delimited to the intercollegiate players of Jammu University
2. In this study 400 subjects were selected, 200 Team Game Players and 200 Individual Games Players.
3. The study was delimited to those players who represented the inter-collegiate at least one time.
4. The age of the students was ranging from 18 to 25 years.
5. The study was delimited to the personality trait of Individual Game Players.

6. The study was delimited to the personality trait of Team Game Players.
7. The study was delimited to both sexes.
8. The study was delimited to only four (4) personality traits. Namely Extraversion, Agreeableness, Conscientiousness, and Openness.

Limitation:

1. The living standards of the students were not being considered.
2. The family background of the students was not be taken into consideration.
3. No specific motivation techniques were used while filling the questionnaire.
4. In this study caste, colour, and religion of the students were not be taken into consideration.
5. The socio-economic status of the subjects was not being taken into consideration.
6. Other personality traits of Individual Game Players were considered as one of the limitation of the present study.

CHAPTER II

REVIEW OF RELATED LITERATURE

A summary of the writings of recognized authorities of previous research provides evidence that the researcher is familiar with what is already known and what is still unknown and untested. Because effective research is based on past knowledge, this step helps to eliminate the duplication of what has been done and provides useful hypothesis and helpful suggestions for significant investigation. Only those studies should be included in the review of related literature that is plainly relevant, competently executed and clearly reported.

Regardless of the required length of the review, there are some basic considerations for writing a literature review. First, an outline of the literature review to be written is often very helpful, especially for longer reviews. This outline is determined by the topic and how the research relates to it and to other related issues.

Williams[11] in the year 2001 conducted the study on "occupational stress is hindered by the lack of compact and comprehensive standardized measurement tools. The Pressure Management Indicator." (PMI) is a 120-item self-report questionnaire developed from the Occupational Stress Indicator (OSI). The PMI is more reliable, more comprehensive, and shorter than the OSI. It provides an

[11]Stephen Williams, "Measuring "Occupational Stress: Development Of The Pressure Management Indicator". Jolltlla Of Occupational Health Psychology, Volume: 3, Issue: 4, 2001, pp. 306-321.

integrated measure of the major dimensions of occupational stress. The outcome scales measure job satisfaction, organizational satisfaction, organizational security, organizational commitment, anxiety- depression, resilience, worry, physical symptoms, and exhaustion. The stressor scales cover pressure from workload, relationships, career development, managerial responsibility, personal responsibility, home demands, and daily hassles. The moderator variables measure drive, impatience, control, decision latitude, and the coping strategies of problem focus, life work balance, and social support.

CHAPTER III

METHODOLOGY

Methodology is the description of procedure or technique adopted in research study. The machinery or methodology occupies a very important place in any kind of research. The vehicle of research cannot perform its functions without it, since it is methodology which lays out the way of the research variables and procedure. The researcher has chosen the descriptive method for the research purpose. This method provides a method of investigation to study, describe and interpret what exists at present. This study deals with the comparison of the personality treats of team game players and individual game players.

Level of significance:

The level of significance depends upon analysis of data.

Source of Data:

The collection of data regarding the comparison of personality traits of Individual Game and Team Games Inter Collegiate Players of Jammu University. The subjects are selected by the researcher from different colleges of Jammu University. All of these selected subjects act as the source for the collection of data.

Selection of the Subjects:

Four Hundred (400) players were selected as subjects for the given study, out of then two hundred (200) were selected as Team Game Players and two hundred (200) as Individual Game Inter Collegiate Players from various colleges of Jammu University..

Sampling Method:

The subjects are selected by simple random sampling method.

Equipments used for collection of data:

The Personality of the selected subjects as Team Game and Individual Game Inter Collegiate Players was measured by **'four Factor personality Inventory'**. Invented or designed by **"**Dr. Tom Buchanan"**.**

The **'four Factor personality Inventory'** includes fourty five items for this investigation, which is divided into five sections namely: Openness, Conscientiousness, Extraversion and Agreeableness. Each section has nine questions and each question has five responses viz. strongly agree, Agree, neither Agree nor Disagree, and Strongly Disagree. The afore mentioned given questionnaire needs online fulfilment of the record of the subjects to whom the personality traits are to be known. In this way the scoring of the subjects is to be done.

CHAPTER IV

ANALYSIS AND INTERPRETATION OF DATA

In this chapter on the basis of data collected analysis will be made by applying appropriate statistical procedure. The data obtained from the responses given by subjects such as individual and Team Game Inter Collegiate Players on the Big Four personality Inventory questionnaire which was marked according to the key and analyzing by using a statistical technique 't'-test to find out the significant difference among personality traits between individual and Team Game Inter Collegiate Players of Jammu University.

INTERPRETATION OF DATA:

The data obtained from the responses given by subjects such as individual and Team Game Inter Collegiate Players on the Big Four personality Inventory questionnaire which was marked according to the key and analyzing by using a statistical technique 't'-test to find out the significant difference among personality traits between individual and Team Game Inter-Collegiate Players of Jammu University.

CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

SUMMARY:

On the basis of analysis of the data and the result of the study summary will be made.

CONCLUSION:

Within the limitations of the study and from statistical analysis the conclusion will be drawn.

RECOMMENDATIONS:

On the basis of conclusion of this study, the recommendations and suggestions of the study will be drawn.

References

1) Ajmer Singh, et.al., Essentials Of Physical Education, (New Delhi: Kalyani Publications, 2008), p. 601.
2) Akhilesh Tripathi and A.K. Srivastava, Truman's Specific Series UGC/NET/SET Of Physical Education, (New Delhi, Danika Publishing Company, 2012), pp. 163-164.
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